

## Packing List

### What to pack:

- 7 to 10 days' worth of comfortable, casual, washable clothes (we provide no-charge laundry service. Dry learning is at your expense)
- Long pants, capris and  *fingertip or longer* skirts and dresses are acceptable attire. During afternoon recreation time, long-length (Bermuda-length) shorts may be worn for recreation activities.
- Exercise attire - no revealing clothing such as sports tops or mid-drift baring shirts.
- Pajamas and robe.
- Comfortable, practical shoes/sneakers, including properly fitting rubber soled shoes—high heels are not recommended. Sneakers are recommended for recreational activities
- Socks/underwear.
- Smoking and tobacco products for four weeks -- Ashley staff will not purchase smoking or tobacco products for you. There is no cigarette machine on the premises. (We offer smoking cessation support; please consider this an ideal time to limit your tobacco use and take advantage of professional cessation support)
- Jacket/weather-appropriate outerwear.
- Umbrella and rain poncho
- Wristwatch and alarm clock (without radio).
- Shampoo/soap/toothbrush/tooth paste/shaving kit (razor must have plastic handle/casing) or electric shaver.
- Sunscreen- tube or spray, only, no self-tanners
- Long-distance calling card.
- Telephone numbers for family emergencies.
- Journal for writing
- If you have an Advance Directive/Living Will, please bring a copy with you for our records.
- Medications--Please bring your existing prescribed medications in the original bottles. Do not refill them prior to coming to Father Martin's Ashley, as we will need to order them from our pharmacy. Regulations do not permit us to dispense medications brought from home. All medications are administered by Ashley nurses. You should provide information on your prescription insurance coverage at the time of admission. If insurance does not cover your medications, you will be responsible for the charges.
- Contact information (name, address and telephone numbers) for your physician(s), family members, and other parties that may be involved in your care.
- Insurance and/or prescription card, driver's license or another form of identification.
- Method of payment - either a credit card or cashier's check for the amount agreed to during the pre-admission phone call.
- CPAP machine

**What *not* to bring:**

- Cell phones, beepers, laptops.
- Electronic equipment including TVs, CDs and players, iPods and MP3 players, iPads, PDAs, and similar devices.
- Cameras.
- Body piercings, other than earrings, will need to be removed.
- Revealing clothing and those with offensive slogans or that promote alcohol or drugs.
- Swimsuits of any kind.
- Sports equipment (it is provided)
- Recreational reading material and briefcases.
- Table, card and electronic games.
- Food, including candy.
- Bedding, pillows and stuffed animals.
- Scissors or sharp objects, including metal nail files, bottle/can openers and straight-edge razors, Leatherman-type tools, lighter fluid refills.
- Magic markers.
- Over-the-counter medications and vitamins.
- Medical testing devices such as blood pressure machines (check with your Admissions counselor if you have specific medical testing device to ensure that you should not bring it with you).
- Expensive jewelry or clothing.

**Cash for incidentals:**

You will need funds for treatment-related reading materials you may wish to purchase, incidentals and any extra services such as dry cleaning. Please limit your cash to \$50. The Oak Store on campus sells personal-need items, recovery-related materials, and Ashley items.